

Jazzercise

Description:

Jr. Jazzercise: Workout includes a warm up, aerobic portion, active group game(s), and performance choreography rehearsal (when applicable). For girls ages 5 and up.

Jazzercise: Workout blends dance and muscle toning movements choreographed to today's hottest music. This includes a gentle warm up, aerobic segment, strength training with weights, and a stretch. For teens and adults.

Personal Touch: Every small group session includes weight training and body sculpting that is designed to improve strength and tone muscles. This personalized approach encourages exercise consistency and the attainment of fitness goals. Affordable pricing.

Class Schedule

Monday through Thursday: 6:00 p.m. – 7:00 p.m.

Tuesday & Thursday: 7:05 p.m. - 8:00 p.m.

Saturday: 10:00 a.m.-11:00 a.m.

Jr. Jazzercise:

Tuesday & Thursday: 5:00 p.m. – 6:00 p.m.

For information visit jazzercise.com or call 305-888-7625

Contact information:

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305-888-7625

Tatiana E. Knight

Jazzercise

Associate Instructor

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facebook: 'Jazzercise **Knights**'

Web-site link:

www.jazzercise.com

Supporting Documents



[Jazzercise Flyer](#)

Jazzercise

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